

(Breakthrough, Vol. VII, No. 1, Winter 1989)

## **HEALING FROM WITHIN: AIDS AND HEMI-SYNC®**

*by Michael Dullnig, M.D., Lawrence Falk, J.D., Ann Martin, M.A.*

*Lawrence Falk, J.D., is an attorney and facilitator in a number of human potential workshops. Ann Martin, MA., is a veteran Monroe Institute trainer. Michael Dullnig, M.D., is a healer and psychiatrist. The following is an excerpt from their report, presented at the Professional Seminar, based on a seminar they conducted with eight HIV+ subjects.*

**METHODOLOGY:** We established an eight-week didactic seminar in San Francisco, working with eight gay men who responded to an advertisement for our project. The men ranged in age from 30 to 50, and were noted to be highly successful in their careers (several corporate executives, physicians, an attorney, and a publisher), and motivated to learn these self-healing tools. The course ran from June through August and met for eight three-hour evening sessions (twenty-four hours total), and participants were charged a nominal fee. Most of the men were asymptomatic or had mild physical symptoms. Criteria for effectiveness of the course centered around two areas: physical and psychological symptoms. Most of the participants reported sleep disturbance problems (problems falling asleep, early awakening, and/or subjective loss of effective sleep). Two participants noted physical pain from concurrent experimental medical treatments. One person reported intermittent outbreaks of shingles related to impaired immune functioning, and three individuals reported a progressive decline in T4 (T-Lymphocyte helper-cell) number, which is characteristic of HIV disease progression. Among common physiological symptoms encountered were feelings of stress over infection with HIV, feelings of helplessness and hopelessness, decreased libido, and uncertainty about life.

The course focused on the multidimensional model of personality (intrapersonal, interpersonal, and transpersonal) and “being,” defining health as “the perception of wellbeing, wholeness, and abundance in all aspects of one’s life.” This included assessing all aspects of one’s thoughts, feelings, behaviors, physical environment and spiritual nature with the concept that any change in one area enables changes within all of the others. Discussion topics in the various weeks included issues of stress on immunity, belief systems and identity, creating options, empowerment, and the uses of visualization and Hemi-Sync. Twenty-two Hemi-Sync tapes, including twelve H-Plus® function tapes, were used as well as other relaxation/visualization tapes such as the hypnoperipheral processing technique of Lloyd Glauberman, Ph.D. “Homework,” which included listening to the various tapes, was assigned.

By stepping out of the duality model of consciousness (“either/or,” “good/bad,” “right/wrong”) and expanding to include “and” and “all,” one creates options for one’s way of living. As well, by working past seeing life in terms of its effects and establishing the “cause” as resting within

the person him/herself, one transcends the victim role into becoming the creator/participator in life. Disease, then, is seen not in terms of its ill effects, but rather as a fundamental part of the healing process, and a necessary catalyst for personal transformation. The duality model of “disease” as “bad” and “health” as “good” no longer is useful. The challenge then becomes loving the virus and establishing a peaceful coexistence rather than reverting to an internalized “war.” Emphasis is placed upon expanding one’s consciousness and incorporating increasingly greater parts of the “Total Self” into consciousness, thereby shifting the focus of effort not upon physical healing per se, but upon expanding conscious awareness.

**RESULTS.** A significant shift in attitude and what we define as “health” was seen in all of our eight participants. Among physical target symptoms all noted an overall improvement in sleep patterns, both qualitatively and quantitatively. The two participants with pain noted a total cessation of symptoms. Two reported what was felt to be a substantial (200 +) increase in T4 cell levels (a third person’s results were pending at the time this report went to press). Our one person with shingles, however, noted no significant improvement in the recurrence or intensity of outbreaks. All participants noted significant changes related to their states of well-being and physical relaxation while listening to the Hemi-Sync tapes, quickly learned and repeatedly utilized the H-Plus functions, and were eager to experiment with more tapes.

Among physiological target symptoms, all participants noted substantial improvement. Comments included, “My sense of well-being is ‘right there,’” “I feel empowered to change,” “I’ve been able to return my life to normality rather than I’m just a person who is HIV + ,” “I experience emotions more, I love people more, I am more conscious,” and “I have an increased sense of personal power over living with the virus.”

Our own observations confirmed a major shifting of consciousness in our participants. There was a noticeable reduction of general anxiety and tension, an increased willingness to explore the self in terms of a greater identity and with increased permission to explore options for change, a perceived increase in commitment to improve the quality of their lives, an increase in personal energy conveyed and enthusiasm expressed in body posture and general attitude, and an expressed desire to share these changes with others. All encouraged us to continue this work with future seminars and expressed their support in enrolling their friends.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.  
© 1989 The Monroe Institute